

- Q11 3. (AMENDED) Method according to claim 1, wherein the verbal training information includes training instructions for further training based on the detected values.

Sub 55
Q12 7. (AMENDED) Portable training device for optimizing a training comprising:
 a sound playback means;
 a microprocessor; and
 a means for detecting parameters inherent to the body of a user, said detecting means being connected with the microprocessor for data communication;
 characterized by
 a converter controlled by the microprocessor and connected to the sound playback means for converting detected values of said parameters into verbal training information for the user and for outputting the information by the sound playback means.

Sub 7
Q13 9. (AMENDED) Portable device according to claim 7, wherein the verbal training information indicates instructions for further training to the user based on the detected values of the body's inherent parameters.

Q14 Sub 7 12. (AMENDED) Portable device according to claim 7, wherein the sound playback means is a MP3 player, a disc player, a DAT device, or a MiniDisc device.

Sub 7 20. (AMENDED) Portable device according to claim 19, wherein the microprocessor compares the received personal data with the training person's stored personal data and causes output of verbal information if the compared data at least partially match.

Q15 Sub 7 21. (AMENDED) Training system for optimizing a training, characterized by:
 a sound playback means;
 a microprocessor;

Q15 a means for detecting parameters inherent to the body of a user, said detecting means being connected with the microprocessor for data communication;

a converter controlled by the microprocessor and connected to the sound playback means for converting the detected values of said parameters into verbal training information for the user and for outputting the information by the sound playback means; and

a base station.
